



## Outdoor Classes and Workshops

**Boating Safety Course 480-350-5201**-This class, taught by Arizona Game and Fish, is your passport to the open waterways. Learn about boating regulations, handling boating accidents, code violations, navigation, trailing watercraft and more! Fee: \$5.

KBS1-1C	12yrs+	T/Th	6/22&6/24	6-10pm	KRC
KBS1-2C	12yrs+	T/Th	7/20&7/22	6-10pm	KRC
KBS1-3C	12yrs+	T/Th	8/24&8/26	6-10pm	KRC

**Camping, Introduction**-Get out of the heat this summer! It is still not too late to plan a summer camping trip, whether a weekend or a week. Take advantage of the abundant camping opportunities here in the State of Arizona. Let Jan Killebrew, camping expert, advise you on equipment and its use, how to prepare a campsite, where to go and how to get there! Fee: \$6.

ORCL-1C	10yrs+	Th	5/20	6:30-8:30pm	PYLE
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**Climbers Only for Teens**-See *description in Activities for Teens, pg. 22.*

**Cooking with Maggie**-Maggie McClure, outdoor cooking expert will share recipes and demonstrate several cooking methods to use on your next camping trip. Learn the secrets that will make your next outdoor cooking experience a success! Bring your appetite and you will be able to sample the prepared food. Fee: \$6.

ORCL-2C	10yrs+	T	6/1	6:30-8:30pm	PYLE
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**Discover Scuba-For Adults and Teens.** See *description in Activities for Teens, p22.*

**Rock Climbing and Rappelling**-Basic instruction on fundamentals and techniques of climbing, knot tying and methods of belaying. Adults 18 years+ only. Fee: \$44.

ORCL-8C	18yrs+	W	6/16-6/30	6:30-9:30pm	ROC
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**New! Gardening-Irrigation to Conserve Water 480-350-5201**-Proper irrigation provides a healthy environment for plants. Find out how to install, maintain or fine-tune your watering system as well as types of low water plants. Learn some tricks to save water, money and time. Fee: \$10.

KGAR-1C	18yrs+	Th	6/10	6-8pm	KRC
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**Gardening – Xeriscape Design 480-350-5201**-Learn the principles of water conservation through creative and appropriate landscaping that result in reduced maintenance costs and time. Fee: \$10.

KGAR-2C	18yrs+	Th	6/17	6-7pm	KRC
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**Gardening–Cactus Gardens 480-350-5201**-If you want a trouble-free, low maintenance garden, try the many varieties of cactus and succulents that can make a beautiful desert oasis. Fee: \$10.

KGAR-3C	18yrs+	Th	7/1	6-7pm	KRC
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**Gardening–Vegetable Gardens 480-350-5201**-Want organic vegetables grown in your backyard? Learn how to plant, fertilize and care for your vegetable garden. Fee: \$10.

KGAR-4C	18yrs+	Th	7/15	6-7pm	KRC
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## Rowing

**Juniors Rowing**-Junior refers to high school age rowing or, anyone 18 years old or younger. Rowers spend their first year as a Novice rower, learning the skills, the mentality and gaining physical fitness to produce a smooth, stable boat. At competitions, Novice rowers race against other rowers that are in their first year of rowing, leveling the playing field and creating some exciting race opportunities. After completing The Novice year, rowers enter into the varsity class to improve skills, fitness and focus on upcoming races. There is more emphasis on boat selection and A squads and B squads are formed.

### \*Float Test

The float test is conducted the during the first session of class at a City of Tempe pool, usually Kiwanis Recreation Center. Students will be asked to float, tread water and/or swim unassisted for ten minutes. Please come with shorts and a t-shirt to float in, as well as a change of dry clothes. A presentation on rowing safety and a class introduction will be held at the pool, as well.

**Novice Row-Juniors**-Join the Novice rowing team and develop your rowing skills in a team sport environment. The novice year focuses on improvement of the rowing stroke and training for racing. Float tests\* will be held on 6/7/2004 at a local pool. Recommended 1-year participation. 9 weeks. Fee: \$87.

OROW-1C	13yrs+	M/W/F	6/7- 8/6	6-8am	TTL
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**Varsity Row-Juniors**-Designed for rowers that have completed their novice year. Varsity Row fine-tunes the skills you have learned to create fast racing boats. This course is repeatable. 9 weeks. Fee: \$87.

OROW-2C	13yrs+	M/W/F	6/7- 8/6	6-8am	TTL
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## Adult Rowing

Adult Rowing encompasses any one who is 18 years old or older. Whether you are an accomplished competitive rower or if you have never seen a rowing shell before, we have a class for you.

- Beginners will take the Learn to Row 1 course to get introduced to the very basics of rowing. Learn to Row 2 will allow you to improve your newfound skills (or remember your old rowing skills!) and prepare to join the Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team; form boats and, possibly, put your skills to the test at one of our local rowing races.
- Fitness/Intermediate rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process.
- Competitive Rowing is for those who have had one or more years of rowing experience. This group focuses on competitive rowing and traveling to regional races.

**Learn to Row 1**-Designed exclusively for first time rowers, this course will lead you through the basics of rowing a four or eight person shell. Safety, boat handling, proper rowing technique and developing fitness are stressed. Participants must be able to pass the 10 minute float test\* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory. 4 weeks. Fee: \$103.

OROW-3C	18yrs+	S/Su	6/5-6/27	7-9am	TTL
OROW-4C	18yrs+	S/Su	7/10-8/1	7-9am	TTL
OROW-5C	18yrs+	M/W	6/7-6/30	6:30-8:30pm	TTL
OROW-6C	18yrs+	M/W	7/7-8/2	6:30-8:30pm	TTL

## Adult Rowing

**Learn to Row 2-**Your next step in rowing! The focus is building on the skills learned in Learn to Row I and gaining the confidence and knowledge to progress to Novice Rowing. More emphasis is placed on fitness and precision. 4 weeks. Fee: \$103.

OROW-7C	18yrs+	S/Su	6/5-6/27	9-11am	TTL
OROW-8C	18yrs+	S/Su	7/10-8/1	9-11am	TTL
OROW-9C	18yrs+	T/Th	6/8-7/1	6:30-8:30pm	TTL
OROW-10C	18yrs+	T/Th	7/6-7/29	6:30-8:30pm	TTL

**Adult Novice Rowing Program-**Completed Learn to Row and you want more? Join rowers like yourself and continue the learning process. This follow-up class to LTR places even more emphasis on skill building and fitness development. Students are encouraged to repeat this course in preparation for advancement to higher levels. 4 weeks.

OROW-11C	18yrs+	S/Su	6/5-8/1	5-7am	\$103TTL
OROW-12C	18yrs+	Th	6/10-7/29	6:30-8:30pm	\$37 TTL

**Adult Intermediate/Fitness Row-**For the rower who has completed Novice rowing and wants to gain more experience. Intermediate/Fitness rowing will challenge rowers to improve skills and develop a strong cardiovascular fitness base. 6 months to 1 year rowing experience recommended. This class is repeatable. 9 weeks. Fee: \$110.

OROW-14C	18yrs+	M/W/F	6/7-8/6	6:30-8:30pm	TTL
OROW-15C	18yrs+	S/Su	6/5-7/31	6-8am	TTL

**Adult Competitive Rowing Program-**This course is designed with the serious competitive athlete in mind. Rowers with 1+ years of experience learn and practice racing techniques and strategy. Boat speed and excellence in rowing skills are stressed in this class. Regional and National racing. 9 weeks. Fee: \$110.

OROW-16C	18yrs+	M/W/F	6/7-8/6	5-7am	TTL
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**Erg Fitness-**Pilates has nothing on this! Whether you want to hone that competitive edge for the sprint season or if you just want to work off a few winter pounds, this class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. LTR I is prerequisite. 5 weeks. Fee: \$45.

OROW-17C	18yrs+	T/Th	6/1-7/1	5:45-7:45pm	TTL
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**Sculling Basics-**This Class will expose the student to the skills required to row a single and quad oared shell. Learn to Row II is prerequisite. 5 weeks. Fee: \$85.

OROW-19C	18yrs+	S/Su	6/5-7/4	9:30-11am	TTL
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Register online at [www.tempe.gov/brochure/](http://www.tempe.gov/brochure/) or come into the Rio Salado Operations Center at 620 N. Mill or the Tempe Public Library (2nd Level) to register.



## Kayaking

**Recreational Kayaking-**If you're not interested in running white water or paddling the open ocean we can train you to paddle a recreational kayak. This 4 hour class introduces easy and fun techniques for paddling local waterways, calm bays and rivers. We'll teach you wet "exits", strokes, maneuvers and deep water re-entries. Prior experience is not necessary. Bring your swimsuit and towel and be prepared to have fun. Kayaks, pool, equipment and PFDs provided. Fee: \$50

OPAD-1C	12yrs+	M	5/10	6-10pm	AZCK
OPAD-2C	12yrs+	S	6/19	8am-12pm	AZCK
OPAD-3C	12yrs+	M	7/5	6-10pm	AZCK
OPAD-4C	12yrs+	S	7/10	8am-12pm	AZCK
OPAD-5C	12yrs+	S	7/31	6-10pm	AZCK
OPAD-6C	12yrs+	S	8/21	8am-12pm	AZCK

**River Kayaking-**Ever want to learn how to roll a kayak? Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class teaches you how to fit and select gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique in preparation for white water. No prior experience necessary. Bring your swimsuit and towel and be prepared to have fun! Kayaks, equipment and PFDs provided. Fee: \$185.

OPAD-7C	16yrs+	M/W	5/10, 12, 17, 19	6-10pm	AZCK
OPAD-8C	16yrs+	Sa/Su	6/19, 20, 26, 27	8am-12pm	AZCK
OPAD-9C	16yrs+	M/W	7/5, 7, 12, 14	6-10pm	AZCK
OPAD-10C	16yrs+	Sa/Su	7/10, 11, 17, 18	8am-12pm	AZCK
OPAD-11C	16yrs+	Sa/Su	8/21, 22, 28, 29	8am-12pm	AZCK
OPAD-12C	16yrs+	M/W	8/9, 11, 16, 18	6-10pm	AZCK

**Sea Kayaking-**Come out and give sea kayaking a go in this 16 hour course designed for first-time paddlers. Arizona Canoe and Kayak introduces you to low-risk and fun sea kayak technique. Learn skills ranging from fitting and selecting equipment and kayaks to assisted and solo re-entry methods. Learn basic skills needed to develop a clean wet-exit and Eskimo roll. No prior experience necessary. Bring your swimsuit and towel and be prepared to have fun! Kayak and equipment provided. Fee: \$185.

OPAD-13C	16yrs+	M/W	6/21, 23, 28, 30	6-10pm	AZCK
OPAD-14C	16yrs+	Sa/Su	7/31, 8/1, 7, 8	8am-12pm	AZCK

**Kids n' Kayaks-**It's summer and time to play in the water! Every summer we strive to bring up the next generation of paddlers. Arizona Canoe & Kayak Kids n' Kayak program runs all summer long and introduces little paddlers to safe, fun and rewarding paddling experience. Bring a swim suit, dry clothes and towel. Parents are welcome poolside to watch and talk. We'll have fun, drinks, snacks, boats and gear. See Level 1 and Level 2 descriptions below.

**Level 1 – The Basics-**Kids learn how to launch kayaks, wet-exit perform bow rescues, strokes and play wet fish tag. Paddlers must complete Level 1 to attend Level 2. Fee: \$45

<b>Level 1</b>					
OPAD-15C	12-16yrs	M/W/F	3-5pm	6/14, 16, 18	AZCK
<b>Level 2</b>					
OPAD-17C	12-16yrs	M/W/F	3-5pm	7/5, 7, 9	AZCK

**Level 2 – The Eskimo Roll-**At the next level of paddling we introduce hip wiggles, the Eskimo roll and advanced boat handling technique. Paddlers must have completed Level 1 to attend Level 2. Fee: \$45

<b>Level 2</b>					
OPAD-16C	12-16yrs	M/W/F	3-5pm	6/21, 23, 25	AZCK
<b>Level 2</b>					
OPAD-18C	12-16yrs	M/W/F	3-5pm	7/12, 14, 16	AZCK